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Appln. No. 10/622,939  
Amendment dated November 21, 2006  
Reply to Office Action mailed August 22, 2006

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims** (deleted text being struck through and added text being underlined):

1. (Currently Amended) A portable exercise system comprising:  
a main housing assembly ~~having~~ removably receiving at least one bladder member, said bladder member being ~~adapted for being filled~~ fillable with water to provide weight; and

a coupling assembly operationally coupled to said main housing assembly, said coupling assembly being adapted for selectively securing said main housing assembly to a torso of a user, said coupling assembly including a first strap member extending from a first side of said main housing assembly and a second strap member extending from a second side of said main housing assembly;

a first bore extending through said first strap member for receiving a hand of a user; and

a second bore extending through said second strap member for receiving a second hand of the user.

2. (Original) The system of claim 1, wherein said main housing assembly comprises a plurality of bladder members, each bladder member being selectively fillable with water, each bladder member having an aperture extending through a perimeter wall, each bladder member having a cap portion for selectively closing said bladder member, each bladder member defining a unique interior space.

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3. (Original) The system of claim 1, wherein said main housing assembly comprises:

a first bladder member having a first perimeter wall defining a first interior space, said first perimeter wall having a first aperture extending therethrough for facilitating access to said first interior space, said first bladder member including a first cap portion for selectively closing said first aperture, said first interior space being fillable with water for weight;

a second bladder member having a second perimeter wall defining a second interior space, said second perimeter wall having a second aperture extending therethrough for facilitating access to said second interior space, said second bladder member including a second cap portion for selectively closing said second aperture, said second interior space being fillable with water for weight, said second bladder member being operationally coupled to said first bladder member;

a third bladder member having a third perimeter wall defining a third interior space, said third perimeter wall having a third aperture extending therethrough for facilitating access to said third interior space, said third bladder member including a third cap portion for selectively closing said third aperture, said third interior space being fillable with water for weight, said third bladder member being operationally coupled to said second bladder member; and

a fourth bladder member having a fourth perimeter wall defining a fourth interior space, said fourth perimeter wall having a fourth aperture extending therethrough for facilitating access to said fourth interior space, said fourth bladder member including a fourth cap portion for selectively closing said fourth aperture, said fourth interior space being fillable with water for weight, said fourth bladder member being operationally coupled to said third bladder member.

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4. (Original) The system of claim 1, further comprising a pair of pocket members operationally coupled to a back surface of said main housing assembly, each one of said pair of pocket members being adapted for receiving a foot of a user, said pocket members facilitating using said system as a weight for performing leg lifts.

5. (Currently Amended) The system of claim 1, wherein said coupling assembly is further comprises characterized by:

~~a first strap member extending from a first side of said main housing assembly,~~ said first strap member having a first distal end, said first strap member having a first closure means positioned on said first distal end; and  
~~a second strap member extending from a second side of said main housing assembly,~~ said second strap member having a second distal end, said second strap member having a second closure means positioned on said second distal end, said first closure means and said second closure means being complimentarycomplementary.

6. (Original) The system of claim 5, wherein said first closure means comprises a first portion of hook and loop fastener and said second closure means comprises a second complementary portion of hook and loop fastener.

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7. (Currently Amended) ~~The A portable exercise system of claim~~  
~~5,~~ further comprising:

a main housing assembly having at least one bladder member, said  
bladder member being adapted for being filled with water to provide weight;

a coupling assembly operationally coupled to said main housing  
assembly, said coupling assembly being adapted for selectively securing  
said main housing assembly to a torso of a user.

wherein said coupling assembly further comprises:

a first strap member extending from a first side of said main  
housing assembly, said first strap member having a first distal end,  
said first strap member having a first closure means positioned on said  
first distal end; and

a second strap member extending from a second side of said  
main housing assembly, said second strap member having a second  
distal end, said second strap member having a second closure means  
positioned on said second distal end, said first closure means and said  
second closure means being complementary;

a first bore extending through a proximal end of said first strap  
member, said first bore being adapted for receiving a hand of a user;

a second bore extending through a proximal end of said second strap  
member, said second bore being adapted for receiving a second hand of the  
user; and

said first and second bores facilitating grasping said system for use as  
a weight for performing situps when said main housing assembly is held  
against a chest of the user.

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8. (Original) A portable exercise system comprising:

a main housing assembly having at least one bladder member, said bladder member being adapted for being filled with water to provide weight;

a coupling assembly operationally coupled to said main housing assembly, said coupling assembly being adapted for selectively securing said main housing assembly to a torso of a user;

wherein said main housing assembly includes a first bladder member, a second bladder member, a third bladder member and a fourth bladder member, the first bladder member having a first perimeter wall defining a first interior space, said first perimeter wall having a first aperture extending therethrough for facilitating access to said first interior space, said first bladder member including a first cap portion for selectively closing said first aperture, said first interior space being fillable with water for weight, the second bladder member having a second perimeter wall defining a second interior space, said second perimeter wall having a second aperture extending therethrough for facilitating access to said second interior space, said second bladder member including a second cap portion for selectively closing said second aperture, said second interior space being fillable with water for weight, said second bladder member being operationally coupled to said first bladder member, the third bladder member having a third perimeter wall defining a third interior space, said third perimeter wall having a third aperture extending therethrough for facilitating access to said third interior space, said third bladder member including a third cap portion for selectively closing said third aperture, said third interior space being fillable with water for weight, said third bladder member being operationally coupled to said second bladder member, the fourth bladder member having a fourth perimeter wall defining a fourth interior space, said fourth perimeter wall having a fourth aperture extending therethrough for facilitating access to said fourth interior space, said fourth bladder member including a fourth cap portion for selectively closing said fourth aperture, said fourth interior space being fillable with water for

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weight, said fourth bladder member being operationally coupled to said third bladder member;

a pair of pocket members operationally coupled to a back surface of said main housing assembly, each one of said pair of pocket members being adapted for receiving a foot of a user, said pocket members facilitating using said system as a weight for performing leg lifts;

a first strap member extending from a first side of said main housing assembly, said first strap member having a first distal end, said first strap member having a first closure means positioned on said first distal end; and

a second strap member extending from a second side of said main housing assembly, said second strap member having a second distal end, said second strap member having a second closure means positioned on said second distal end, said first closure means and said second closure means being complimentary;

wherein said first closure means comprises a first portion of hook and loop fastener and said second closure means comprises a second complementary portion of hook and loop fastener;

a first bore extending through a proximal end of said first strap member, said first bore being adapted for receiving a hand of a user;

a second bore extending through a proximal end of said second strap member, said second bore being adapted for receiving a second hand of the user; and

said first and second bores facilitating grasping said system for use as a weight for performing situps when said main housing assembly is held against a chest of the user.

9. (Original) The system of claim 8, further comprising a wrist assembly having at least one wrist bladder portion and a wrist coupling portion, said wrist assembly being selectively couplable to a wrist of the user for providing additional weight for running and curling.

10. (Currently Amended) The system of claim [[[8]]] 9, further

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comprising a second wrist assembly having at least one second wrist bladder portion and a second wrist coupling portion, said second wrist assembly being selectively couplable to a second wrist of the user for providing additional weight for running and curling.

11. (Original) The system of claim 8, further comprising an ankle assembly having at least one ankle bladder portion and an ankle coupling portion, said ankle assembly being selectively couplable to an ankle of the user for providing additional weight for running and leg lifts.

12. (Currently Amended) The system of claim [[[8]]] 11, further comprising a second ankle assembly having at least one second ankle bladder portion and a second ankle coupling portion, said second ankle assembly being selectively couplable to a second ankle of the user for providing additional weight for running and leg lifts.